

## Reporting Summary

Nature Portfolio wishes to improve the reproducibility of the work that we publish. This form provides structure for consistency and transparency in reporting. For further information on Nature Portfolio policies, see our [Editorial Policies](#) and the [Editorial Policy Checklist](#).

### Statistics

For all statistical analyses, confirm that the following items are present in the figure legend, table legend, main text, or Methods section.

n/a Confirmed

- ☐ ☒ The exact sample size ( $n$ ) for each experimental group/condition, given as a discrete number and unit of measurement
- ☐ ☒ A statement on whether measurements were taken from distinct samples or whether the same sample was measured repeatedly
- ☐ ☒ The statistical test(s) used AND whether they are one- or two-sided  
*Only common tests should be described solely by name; describe more complex techniques in the Methods section.*
- ☐ ☒ A description of all covariates tested
- ☒ ☐ A description of any assumptions or corrections, such as tests of normality and adjustment for multiple comparisons
- ☐ ☒ A full description of the statistical parameters including central tendency (e.g. means) or other basic estimates (e.g. regression coefficient) AND variation (e.g. standard deviation) or associated estimates of uncertainty (e.g. confidence intervals)
- ☐ ☒ For null hypothesis testing, the test statistic (e.g.  $F$ ,  $t$ ,  $r$ ) with confidence intervals, effect sizes, degrees of freedom and  $P$  value noted  
*Give  $P$  values as exact values whenever suitable.*
- ☒ ☐ For Bayesian analysis, information on the choice of priors and Markov chain Monte Carlo settings
- ☒ ☐ For hierarchical and complex designs, identification of the appropriate level for tests and full reporting of outcomes
- ☒ ☐ Estimates of effect sizes (e.g. Cohen's  $d$ , Pearson's  $r$ ), indicating how they were calculated

*Our web collection on [statistics for biologists](#) contains articles on many of the points above.*

### Software and code

Policy information about [availability of computer code](#)

#### Data collection

All data in this study were collected by using commercial available software, including:

- X-band bench top electron paramagnetic resonance spectrometer MS5000 (Magnettech-Bruker, Freiberg, Germany)
- Multi wire myograph system (Model 620M; Danish Myo Technology, Denmark)
- High resolution respirometry (Oroboros, O2K, Austria)
- ChemoDoc™ MP and software Image Lab 6.0.1 (Bio-Rad, Laboratories, CA, USA).
- PowerLab and LabChart 7.0 software (ADInstruments, Castle Hill, NSW, Australia)

#### Data analysis

Data were analyzed using Graphpad Prism Software (version 9.5.0, (525)).

For manuscripts utilizing custom algorithms or software that are central to the research but not yet described in published literature, software must be made available to editors and reviewers. We strongly encourage code deposition in a community repository (e.g. GitHub). See the Nature Portfolio [guidelines for submitting code & software](#) for further information.

## Data

Policy information about [availability of data](#)

All manuscripts must include a [data availability statement](#). This statement should provide the following information, where applicable:

- Accession codes, unique identifiers, or web links for publicly available datasets
- A description of any restrictions on data availability
- For clinical datasets or third party data, please ensure that the statement adheres to our [policy](#)

Source data is not applicable (not included), but this can be made available upon request.

## Human research participants

Policy information about [studies involving human research participants and Sex and Gender in Research](#).

Reporting on sex and gender

Population characteristics

Recruitment

Ethics oversight

Note that full information on the approval of the study protocol must also be provided in the manuscript.

## Field-specific reporting

Please select the one below that is the best fit for your research. If you are not sure, read the appropriate sections before making your selection.

☒ Life sciences ☐ Behavioural & social sciences ☐ Ecological, evolutionary & environmental sciences

For a reference copy of the document with all sections, see [nature.com/documents/nr-reporting-summary-flat.pdf](https://www.nature.com/documents/nr-reporting-summary-flat.pdf)

## Life sciences study design

All studies must disclose on these points even when the disclosure is negative.

Sample size

Data exclusions

Replication

Randomization

Blinding

## Reporting for specific materials, systems and methods

We require information from authors about some types of materials, experimental systems and methods used in many studies. Here, indicate whether each material, system or method listed is relevant to your study. If you are not sure if a list item applies to your research, read the appropriate section before selecting a response.

## Materials &amp; experimental systems

n/a	Involved in the study
<input type="checkbox"/>	<input checked="" type="checkbox"/> Antibodies
<input checked="" type="checkbox"/>	<input type="checkbox"/> Eukaryotic cell lines
<input checked="" type="checkbox"/>	<input type="checkbox"/> Palaeontology and archaeology
<input type="checkbox"/>	<input checked="" type="checkbox"/> Animals and other organisms
<input checked="" type="checkbox"/>	<input type="checkbox"/> Clinical data
<input checked="" type="checkbox"/>	<input type="checkbox"/> Dual use research of concern

## Methods

n/a	Involved in the study
<input checked="" type="checkbox"/>	<input type="checkbox"/> ChIP-seq
<input checked="" type="checkbox"/>	<input type="checkbox"/> Flow cytometry
<input checked="" type="checkbox"/>	<input type="checkbox"/> MRI-based neuroimaging

## Antibodies

Antibodies used	Phospho-VASP (Ser239) (#3114, Cell Signaling Technologies) <a href="https://www.cellsignal.com/products/primary-antibodies/phospho-vasp-ser239-antibody/3114">https://www.cellsignal.com/products/primary-antibodies/phospho-vasp-ser239-antibody/3114</a>
Validation	Commercially available primary antibody from Cell Signaling that has been validated and used in numerous studies (more than 80 publications). For details, please see <a href="https://www.cellsignal.com/products/primary-antibodies/phospho-vasp-ser239-antibody/3114">https://www.cellsignal.com/products/primary-antibodies/phospho-vasp-ser239-antibody/3114</a>

## Animals and other research organisms

Policy information about [studies involving animals](#); [ARRIVE guidelines](#) recommended for reporting animal research, and [Sex and Gender in Research](#)

Laboratory animals	Male Wistar rats (200–250 g) and male C57BL/6 mice (20–25 g) purchased from Janvier Labs (France).
Wild animals	N/A
Reporting on sex	Only males were used in this study, but the results and the overall conclusions most likely apply to both sexes.
Field-collected samples	Animals used in this study were housed at the animal facility (KM-B) at the Karolinska Institutet, using ordinary cages in temperature and humidity-controlled room with 12/12 h light/dark cycle and feed with standard rodent chow and water ad libitum.
Ethics oversight	All experimental protocols were approved by the regional Institutional Animal Care and Use Committee in Stockholm (Dnr 17128-2021 and N139/15) and performed according to the US National Institutes of Health guidelines (NIH publication NO. 85-23, revised 1996) and EU directive 2010/63/EU for the conduct of experiments in animals.

Note that full information on the approval of the study protocol must also be provided in the manuscript.